

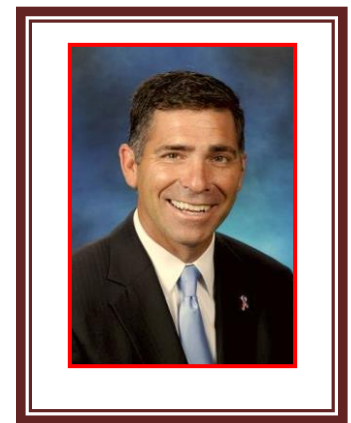


Ulster County Office for the Aging

October 2015 Newsletter

Greetings from County Executive Michael P. Hein

*Be Informed. Be
Prepared. Be Safe.*



It is that time of year again when the weather becomes cooler and we are more at risk for hurricanes and other extreme weather conditions. Below is some helpful information from our Department of Health with some important ideas on how to be prepared in the case of an emergency.

Mike Hein

County Executive

Recommended Supplies to Include in a Basic Kit:

- ✓ **Water:** one gallon per person per day, for drinking and sanitation
- ✓ **Non-perishable food:** at least a three-day supply
- ✓ **Flashlight** and **extra batteries**
- ✓ **First Aid kit**
- ✓ **Whistle** to signal for help
- ✓ **Filter mask** or cotton t-shirt, to help filter the air
- ✓ **Moist towelettes, garbage bags** and **plastic ties** for personal sanitation
- ✓ **Wrench** or **pliers** to turn off utilities
- ✓ Battery-powered or hand crank **radio** and a NOAA Weather Radio with tone alert and **extra batteries**
- ✓ **Manual can opener** if kit contains canned food
- ✓ **Plastic sheeting** and **duct tape**, to shelter-in-place
- ✓ **Important family documents**
- ✓ **Items for unique family needs**, such as daily perscription medication or pet food



Additional Items: If you use eyeglass, hearing aids and hearing aid batteries, wheelchair batteries or oxygen, be sure you always have extras in your kit. Also have copies of your medical insurance, Medicare and Medicaid cards readily available. If you have a service animal, be sure to include food, water, collar with ID tag, medical records and other emergency pet supplies. **For more information, visit ready.gov or call 1-800-BE-READY**



Ulster County Executive Michael P. Hein
and
The Ulster County Office for the Aging
are pleased to invite Ulster Seniors to a

Senior Autumn Festival

TWO LOCATIONS!

Luncheon, Music and Fun!



Woodstock Jewish Congregation

1682 Glasco Tpk., Woodstock, NY

Monday, October 19th

or

Temple Emanuel

243 Albany Ave, Kingston, NY

Tuesday, October 20th

Noon to 2 p.m.

Free of Charge

RSVP to the OFA 845-340-3456



Ulster County Office for the

We Want to Hear From Ulster Seniors!

Ulster County Executive Michael Hein invites you to join us for one of our Annual Hearings. We will be reviewing the results of the Annual Survey and we want to hear from you!

Thursday October 29th, 1:00p.m.

First Presbyterian Church
51 Grand Street, Marlboro NY

Monday, November 16th, 2015 1:00 p.m.
Esopus Town Hall

FREE LUNCH WITH RSVP

- Meet Kelly McMullen, the Director of the Ulster County Office for the Aging
- Learn about OFA Services and Programs
- Hear the results of the Annual Survey
- Share your thoughts on Office for the Aging

Please Call Ulster County Office for the Aging to reserve your spot! 845- 340-3456



Michael P. Hein

Ulster County Executive



ULSTER COUNTY OFFICE FOR THE AGING

1003 Development Court
Kingston, NY 12401

Ulster County Website: www.ulstercountyny.gov

Kelly McMullen
Director

Ph: 845-340-3456
Fax: 845-340-3583

MICHAEL P. HEIN
County Executive

MEDICARE FALL ANNUAL ENROLLMENT PERIOD

The annual open enrollment period to change your Medicare health
or prescription drug coverage for 2016 will be from:

October 15, 2015
to
December 7, 2015*

During the annual enrollment period you can:

- Change from Original Medicare to a Medicare Advantage Plan
- Switch or drop a Medicare Advantage Plan
- Join, switch or drop a Medicare Prescription Drug Plan

.

Call the Ulster County Office for the Aging for a *free* HIICAP
appointment if you would like to make a change in your Medicare
coverage.

845-340-3456 or toll-free 1-877-914-3456

**If you are happy with how you currently receive your Medicare Coverage, there is no
need to do anything!*



Thanksgiving Basket Registration

What: Thanksgiving Basket Registration

Where: People's Place, 17 St. James Street, Kingston

When: October 10th – November 18th (Distribution is Monday, November 23rd)

Who: Anyone living in Ulster County who has food insecurities.

To register to receive a turkey, potatoes, stuffing, corn, green beans, cranberry and pie, please visit People's Place between the hours of 10am – 1pm, Monday – Friday or Wednesday evenings between 5:30pm – 7:30pm. You MUST have identification proving residency in Ulster County for all household members.



For more information, please call 338-4030 or email
director@peoplesplacekingston.org

SAVE THE DATE!

2015 Low Vision Technology Fair



Presented by

NABA

Northeastern Association
of the Blind at Albany

www.naba-vision.org

DATE: OCTOBER 15, 2015

TIME: 10am - 5pm

LOCATION: St. Sophia's Greek
Orthodox Church

440 Whitehall Road, Albany, NY



DIRECTIONS:

<http://mapq.st/1hK3AEF>

FREE TO THE PUBLIC!

- The latest in low vision technologies for reading, computers & adaptive vision aids
- Medical expert speakers present the latest in eye disease research & treatments
- Adaptive living experts on living successfully with low vision, vision rehabilitation therapy and *more!*
- *Door prizes & light refreshments!*



FOR MORE INFORMATION, CONTACT CHERYL LAWYER
(518) 463-1211 X234 or via email at clawyer@naba-vision.org

Join us on [Facebook](#)

"NABA'S Low Vision Technology Fair 2015"

SAVE THE DATE!!!

“LIVING YOUR LIFE TO THE MAXIMUM”

WHAT: Jewish Family Services of Ulster County's 8th Annual Aging and Caregiver Conference

WHO: Seniors, caregivers, family members, and friends of the elderly and/or disabled

WHEN: Friday, November 6th, 2015 from 8:00 am until 4:00 pm

WHERE: Best Western Hotel, 503 Washington Ave., Kingston, NY

COST: \$30 per person, \$20 student rate. The cost includes a dynamic Keynote Speaker and relevant breakout sessions that address current issues pertinent to aging and caregiving. A continental breakfast and delicious buffet-style lunch are also included.

Registration opens Thursday, September 24th, 2015

Attendees, Sponsors and Vendors needed!

For more information please contact JFS:

Phone: (845) 338-2980

Email: jfs.ulster@gmail.com

Fax: (845) 331-4875

We hope to see you again this year!

Ulster County Office for the Aging

VOLUNTEER PROGRAM

- **Transportation for seniors to medical appointments**
- **Calling homebound seniors**
- **Help Seniors access Social Security**
- **Health Insurance counseling**
- **Special Event Support**
- **And MUCH more!**

Please call Patrick McDonough to talk about the wonderful volunteer opportunities available

845-802-7655

WE WANT YOU!!

As many or as few hours as you can give.



Michael P. Hein, Ulster County Executive

HEARING LOSS GROUP FORMING

The first meeting of a Hearing Loss Support Group will be held at the
Gardiner Library
133 Farmer's Turnpike
Thursday, October 8
1pm to 2pm

Future meetings will be held on the **second Thursday** of the month:

- November 12
- December 10

The goal of the group is to provide information and support to those who have or live with someone who has hearing loss. Hearing loss can be an isolating condition.



Meetings will be held in the library community room

For directions or further information call 255-1255 or visit

www.gardinerlibrary.org



Excerpt from AARP

5 Myths about Hearing Loss According to One of the country's leading audiologists, Dr. Craig W. Newman, PHD

Myth: Hearing loss happens only to old people.

Truth: Forty percent of the 48 million Americans with hearing loss are younger than 60. Hearing loss worsens with age: Almost 30 percent of those between ages 50 and 59 suffer from some impaired hearing in one or both ears; 45 percent of people between 60 and 69 have impaired hearing; and three-quarters of those older than 70 have hearing problems.

Myth: Your hearing loss was caused by all those rock concerts years ago.

Truth: There are many other contributors, including the normal aging process, genetics, medications, smoking, a poor diet and diabetes. All of these can destroy the hair cells in the inner ear that send auditory signals to your brain. Once hair cells are damaged, they're damaged. There's no approved drug that will regrow them in humans.

Myth: If other people would just talk louder, you would hear just fine.

Truth: Hearing is like the body's biological microphone. If you've ever heard anyone speak into a microphone that's damaged, it might be loud and there's a level of distortion that makes it hard to understand. The goal of today's hearing aid technology is to make sounds louder and to reduce background noise and also extract the more important features of sound to clarify speech. Some technology can turn your hearing aid into a Bluetooth device; some let you stream directly from your cellphone to your hearing aid, not just for calls but for music apps.

Myth: As long as you can hear some sound, it's OK to wait to get hearing aids.

Truth: The longer you wait, the harder your hearing loss will be to treat. If the auditory system in your brain isn't stimulated the brain can stop recognizing sound. That's why people with hearing loss who wait to get hearing aids sometimes find that they don't help as much. All is not lost; our brains can "relearn" to hear, thanks to neuroplasticity — the fairly recent finding that the brain can reprogram itself into very old age with the proper stimulation. That means you have to teach your brain to hear again, by wearing the hearing aids regularly

is annoying, but it doesn't really affect your health.

Research from Johns Hopkins University shows that hearing loss may increase your risk of developing dementia. Research also shows you can improve memory and mood by correcting the hearing loss. A study that just came out in the journal *Laryngoscope* found that hearing aids can improve balance. Falling is such a big problem for older adults — and some scientists are now suggesting that hearing aids could be used to treat problems with balance. — *Written by AARP Executive Editor Gabrielle deGroot Redford*

For more on hearing loss go to: <http://member.aarp.org/health/conditions-treatments/info-2015/hearing-loss-myths.html>

For assistance and information on hearing loss services in Ulster County, please go to: http://nyconnects.ulstercountyny.gov/programB.php?cat_id=19&prog_id=25 or call (845) 257-3600 for services at SUNY New Paltz and http://nyconnects.ulstercountyny.gov/programB.php?cat_id=19&prog_id=24 or call (845) 658-9649 for services at the Lions' Club in Rosendale.



ATTENTION!!!!!!!

ROBOCALLS



If you answer the phone and hear a recorded message instead of a live person, it's a robocall. You've probably gotten these calls about political candidates or charities asking for donations. These robocalls are legal. However, if the recording is a sales message and you haven't given your written permission to get calls from the company on the other end, the call is illegal. In addition to the phone calls being illegal, the pitch may also be a scam.

According to the Ulster County District Attorney's Division of Consumer Affairs, if you get a robocall which you do not wish to listen to:

- Hang up. Don't press 1 to speak to a live operator and don't press any other number to get your number off the list. If you respond by pressing any number, it will probably lead to more robocalls.
- Consider contacting your phone provider and ask them to block the number (there may be a charge for that service). Remember telemarketers change Caller ID information easily and often, so it might not be worth paying a fee to block a number that will change.
- Report your experience to the Federal Trade Commission (FTC) online at www.ftccomplaintassistant.gov or by calling 1-888-382-1222.

Consumer Affairs can be reached at 340-3260.



ARE YOU A WWII VET?

The Honor Flight is a one-day FREE trip for WWII Veterans to see their Memorial in Washington, D. C. It is an amazing day that WWII Veterans won't want to miss and so rightly deserve. The trip involves a unique itinerary designed to give the Veterans the complete Honor Flight experience and shows how grateful we are for the sacrifices and service given to our country.

There are two flights a year. First priority is given to World War II Veterans but seats are also open for terminally-ill Veterans from other wars.

The Honor Flight welcomes guardians to accompany and assist the Veterans for a fee.

For more information regarding the program or to receive an application you can go to www.hvhonorflight.com or you can call Christine Noble at the Ulster County Office for the Aging at (845) 340-3571. If you need assistance with the application, she will be happy to assist you.

Ulster County Office for the Aging and Always There Adult Day Program

are collaborating to provide low or no-cost Senior Day Care and respite for caregivers. Call to see if your loved one is eligible for this offer-- 845-340-3456.



Day-Time Care for the Seniors in your Life

- Variety of Activities
- Supervised Recreation
- Therapeutic Programs
- Home Cooked Meals

In a safe and caring atmosphere

*Transportation and bathing available
for a nominal cost*

Please call the Ulster County Office for the Aging for more information

845-340-3456



Michael P. Hein, Ulster County Executive

**ULSTER COUNTY DEPARTMENT OF HEALTH
INFLUENZA CLINIC SCHEDULE 2015**

Date	Time	Location
10/07/15	10-11:30 AM	Esopus Town Hall 284 Broadway Port Ewen
10/08/15	10-11:30 AM	Saugerties Sr. Center 207 Market St. Saugerties
10/13/2015	10-11:30 AM	VFW Post 8645 101 Rte. 208 New Paltz
10/15/15	9:30-11 AM	UCDOH 230 Aaron Ct. Kingston
10/19/15	10-11:30 AM	Hurley Reformed Church 11 Main St. Hurley
10/22/15	10-11:30 AM	Woodland Ponds 100 Woodland Ponds Circle New Paltz
10/27/15	10-11:30 AM	Trudy Resnick Farber 50 Center St. Ellenville
10/29/15	10-11 AM	Woodstock Rescue Squad Rte. 212 Woodstock
11/6/15	10-11 AM	Rosendale Rec. Ctr Rte. 32 Rosendale
11/9/15	10:30-11:30 AM	Wallkill Fire Dept. 18 Park Ave. Wallkill
11/18/15	10-11 AM	Senior Center 1 Town Hall Rd. Lake Katrine
11/20/15	10:30-11:30 AM	Shandaken Town Hall 7209 Rte. 28 Shandaken

For more information, call the Ulster County DOH Flu Hotline at: 845-340-3093



Experience Works Job Training Program

Wednesday, October 14, 2015

Ulster Works OneStop Center

651 Development Ct,
Kingston NY 12401

12 pm

ARE YOU...

- **55 OR OLDER**
- **OUT OF WORK AND TRYING TO GET BACK IN THE WORK FORCE**

OR

- **A NON-PROFIT ORGANIZATION IN NEED OF SOME EXTRA CASH?**

You could receive help through Senior Community Service Employment Program (SCSEP), a federally funded work training program for persons 55 of age and older.

Discussion will include how it works, how it affects you and how we can help get you back in the workforce.

Applicants **MUST** bring a current resume to attend!

**Ulster County
Office for the Aging**

1003 Development Ct
Kingston, NY 12401
Phone: 845-340-3456
Fax: 845-340-3583



*Greetings from the Director of the
Ulster County Office for the Aging*

Kelly McMullen



I was really proud to be there when Mike Hein, Our County Executive delivered his 2016 Executive Budget on September 30th. He is taking good care of the Office for the Aging and I am so grateful for his commitment to seniors! Last year he made a promise to lower property taxes; and he did! Other highlight of this year's budget that impact seniors in the county include

- An expanded Meals On Wheels program for seniors that makes "professional care coordinators" available to seniors to help with a transition from a hospital stay to home.
- A \$4.5 million reduction in spending while protecting essential services;
- Continuing the historic "Building A Better Ulster County" infrastructure investment program with an additional \$15 million, for a two year total investment of \$30 million;
- A record multi-million dollar commitment to public safety, including the first county-wide fire training center and 911 emergency technology upgrades.

Mike also ensured that our Ulster County seniors will continue to enjoy the popular volunteer program which the County assumed last year. He has also provided funding for free legal services to Veterans who are having difficulty securing the federal benefits!

The New York State Comptroller's Fiscal Stress Report listed Ulster County as the most financially stable county in the Mid-Hudson Region and the fourth most across New York State! Always remember, you have a friend in the Office for the Aging!

Kelly
Director